

MARLEY SPOON



Lemon-Marinated Grilled Chicken

with Greek Salad



20-30min



2 Servings

We've never turned down a protein-rich chicken breast, and we trust that you won't either. Here we add lean chicken breasts to a zesty lemon-dill marinade that doubles as a salad dressing base. The chicken cooks in a flash on the grill, and a simple Greek salad comes together just as quickly. No grill? No problem! Refer to the cooking tip for alternate cooking instructions.

What we send

- garlic
- ¼ oz fresh dill
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz dried oregano
- 2 plum tomatoes
- 1 oz Kalamata olives
- 1 romaine heart
- 2 oz feta ⁷

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

- grill or grill pan
- microplane or grater

Cooking tip

Heat oil in a skillet over medium-high. Add chicken and cook until browned and it reaches 165°F internally, 3-5 minutes per side.

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 530kcal, Fat 34g, Carbs 14g, Protein 47g

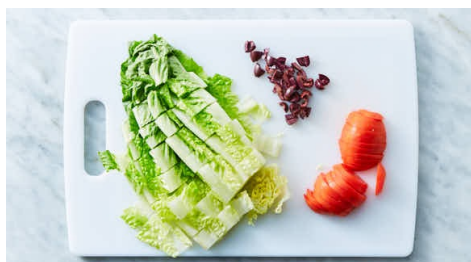


1. Prep ingredients

Preheat grill to medium-high, if using.

Finely chop **½ teaspoon garlic**. Reserve a few **whole dill leaves** for serving, then finely chop **remaining dill and tender stems** together.

Finely grate **1 teaspoon lemon zest** into a medium bowl. Separately, squeeze **2 tablespoons lemon juice** into a small bowl. Cut any remaining lemon into wedges.



4. Prep salad

Preheat a grill pan to medium-high, if using.

Halve **tomato** lengthwise, then cut crosswise into ¼-inch thick half-moons. Coarsely chop **olives**, removing any pits, if necessary. Halve **romaine** lengthwise, then cut crosswise into 1-inch pieces, discarding stem end.



2. Marinate chicken

To bowl with **lemon zest**, add **garlic, 2 tablespoons oil, 1 tablespoon of the lemon juice, 2 teaspoons of the chopped dill, ¾ teaspoon salt**, and **a few grinds of pepper**; whisk to combine. Transfer **1 tablespoon of the marinade** to a small bowl for step 6. Pound **chicken** to an even ½-inch thickness, if desired, then add to medium bowl with remaining marinade; set aside until step 5.



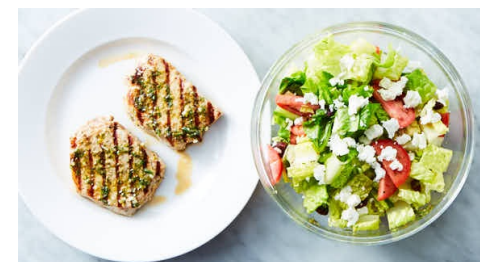
5. Grill chicken

Add **chicken** to grill or grill pan, and cook until browned and cooked through at an internal temperature of 165°F, 3-5 minutes per side.



3. Make dressing

In a medium bowl, whisk **remaining lemon juice and chopped dill** with **2 tablespoons oil, 1 tablespoon vinegar, 1 teaspoon oregano, a few grinds of pepper**, and **a pinch of salt**. Set dressing aside until step 6.



6. Finish salad & serve

Add **romaine, tomatoes**, and **olives** to bowl with **dressing** and toss to combine. Crumble **feta** over salad.

Serve **chicken** with **reserved marinade** spooned over top with **salad** alongside. Garnish with **reserved whole dill leaves** and serve **any lemon wedges** on the side for squeezing over. Enjoy!